



The National Survey of Children's Health

Overweight and Physical Activity Among Children:
A Portrait of States and the Nation 2005

California

All statistics are based on parental reports.

National %	State %	
14.8	13.2	Percent of children who are overweight
21.9	25.8	Age 10-11
14.4	10.1	Age 12-14
10.7	8.5	Age 15-17
22.4	16.6	0-99% Federal poverty level
19.0	20.4	100-199% Federal poverty level
13.7	11.4	200-399% Federal poverty level
9.1	7.9	400% Federal poverty level or more
18.1	15.4	Male
11.5	10.9	Female
		Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week
71.3	74.9	
78.2	78.5	Age 10-11
74.2	82.2	Age 12-14
63.3	64.3	Age 15-17
76.8	79.3	Male
65.6	70.4	Female
		Percent of children who were on a sports team or took sports lessons during the past 12 months
58.6	54.1	
61.5	55.5	Age 10-11
61.6	59.2	Age 12-14
53.4	47.4	Age 15-17
62.1	56.9	Male
55.0	51.3	Female
72.9	67.4	Percent of children with at least one parent who exercises regularly